

# Tai Chi



Work on good balance,  
flexibility, better circulation,  
dissolve stress  
and develop a deep sense of well being

**Instructor: Hung Hoang**

**Tuesday 7:30pm - 8:30pm**

**Saturday 9:00 am - 10:30 am**

**Eldridge Park Community Center**

**Resident Discount - \$20/month**

**Non-resident-\$25/month**

**Instructor: Skip Jarrett, C.I.**

**Tuesday 5:30pm - 6:30pm**

**Friday 10:00 am - 11:00 am**

**\*Imperial Park Recreation Center**

**\$25- 2 classes per month**

**\$40- 4 classes per month**

**\$60- 6 classes per month**

**Instructor: Geeta Akolkar**

**Friday 9:00am - 10:00am**

**\*Imperial Park Recreation Center**

**\$40- per month**

**For more information please call 281-275-2885**

**\*Facility Usage Card Required**